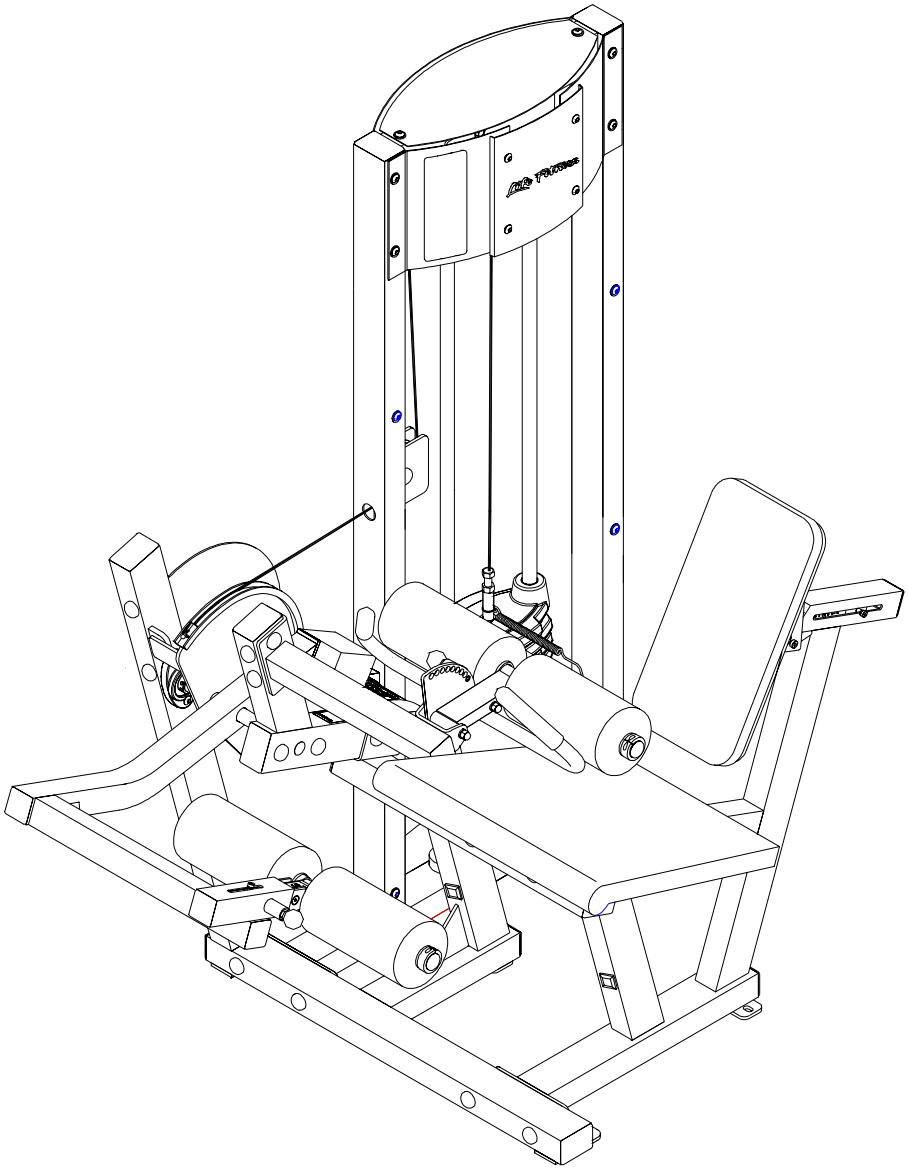
LifeFitness

CLUB SERIES SEATED LEG CURL



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	70435xx	TOWER	1
1A	7041201	CABLE	1
1B	6692601	3 X 2 END CAP	3
1C	6714901	GUIDE ROD BUSHING	2
1D	3102903	3/8-16 X 2.5 BOLT	2
1E	3102933	3/8-16 X 2 BOLT	1
1F	6866701	3/8 RH WASHER	4
1G	6866601	CAP, RH 20 BLK	4
1H	3102807	3/8 NYLOCK NUT LOW HT	3
1I	6480301	3/8 SPACER	4
1J	3102514	3/8 WASHER FLAT	2
1K	3222801	4.5" PULLEY	3
2	70441xx	ASSY PIVOT ARM SUPPORT	1
3	70445xx	KNEE HOLD DOWN	1
3A	6912001	RUBBER GRIP	2
4	70457xx	ASSY PIVOT ARM	1
4A	6946901	ROLLAR PAD	4
4B	3222701	SHAFT COLLAR	2
4C	3119303	1.25" END CAP	2
4D	6412001	SPRING PIN	1
4E	6965901	6.5" PLATE ADJ	2
4F	6965901	6.5" PLATE ADJ	" "
4G	3234301	SCREW	4
4H	6974102	ROLLAR PAD SPPT BLK	1
5	68839xx	GUIDE ROD SUPPORT	1
6	7038602	CAM SHROUD BLK	1
7	7038802	COUNTER BALANCE BLK	1
8	70543xx	ASSY SEAT SUPPORT	1
9	70439xx	SEAT FRAME	1
9A	6947902	ASSY BACK PAD ADJ	1
9B	6897001	15 POS ADJ PLATE	1
9C	6897101	ADJ PLATE	1
9D	3234301	SCREW	4
9E	6912202	HINGE BLK	1
9F	6896901	HINGE PIN	2
10	70448xx	ASSY KNEE HOLD DOWN SPPT	1
11	6923602	HEAD PLATE	1
12	3102901	3/8 X 1-1/4" BOLT	2
13	3102903	3/8 X 2-1/2" BOLT	4

KEY	PART #	DESCRIPTION	QTY
14	3102922	3/8 X 2-3/4" BOLT	6
15	3102904	3/8 X 3" BOLT	3
16	3102942	3/8 X 3-1/2" BOLT	2
17	3102905	3/8 X 3-3/4" BOLT	8
18	3102935	3/8 X 4-1/2" BOLT	1
19	3202404	3/8 X 3" BUTTON HEAD BOLT	4
20	3233502	1/2 X 3-1/4" SHOULDER BOLT	1
21	3102807	3/8" LOW HEIGHT LOCK NUT	25
22	3221501	3/8" ACORN NUT	1
23	3102514	3/8" SAE WASHER	31
24	6866701	3/8" RH WASHER	52
25	3114502	3/8" LOCK WASHER	1
26	6020601	1/2" FLANGE BEARING	2
27	3203501	PILLOW BLOCK	2
28	6913801	WEIGHT STACK SELECTOR PIN	1
29	3108001	WEIGHT STACK CUSHION	2
30	6866602	WHITE RH CAP	43
OR	6866603	PLATINUM	43
31	3222001	1" SHAFT COLLAR	2
32	3116001	1-1/4" RUBBER BUMPER	3
33	6714901	GUIDE ROD BUSHING	2
34	6912801	2" ACCORDION SLEEVE	1
35	6912803	3" ACCORDION SLEEVE	1
36	7053701	PLACARD LABEL	1
37	7058401	LANGUAGE PLACARD LABEL	1
38	69266	GUIDE ROD	2
39	6887202	10 LB. WEIGHT PLATE (STD)	20
40	6888402	15 LB. WEIGHT PLATE (OPT)	10
41	68775xx	BACK PAD	1
42	69574xx	SEAT PAD	1
43	6957001	WEIGHT STACK LABEL	1
44	3102940	3/8 X 5" BOLT	1
45	3230701	STARLOCK WASHER	4
46	6866601	BLACK RH CAP	8
47	6861902	TOP COVER	1
48	6862102	FRONT SIDE SHROUD BLK	2
49	6862007	FRONT SHROUD PLATINUM	1
50	6922002	FULL REAR SHROUD BLK	1
OPTION*	6921602	ASSY, FULL FRONT SHROUD	1

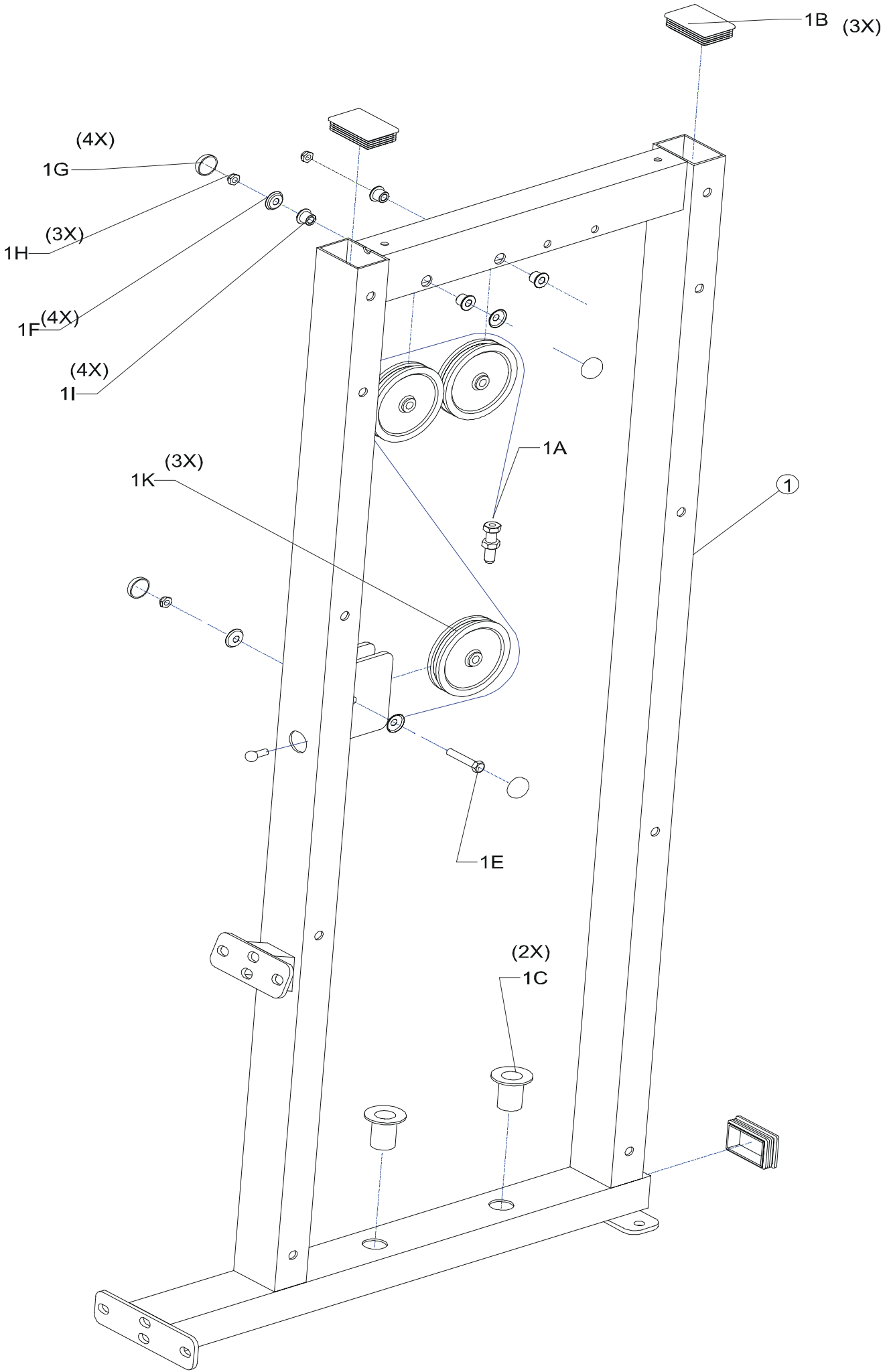
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

xxxxx07	**Denotes Platinum**
xxxxx08	**Denotes White**

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1B
(3X)
(4X)
1G
(3X)
1H
(4X)
1F
(4X)
1I
1A
(3X)
1K
1
1E
(2X)
1C

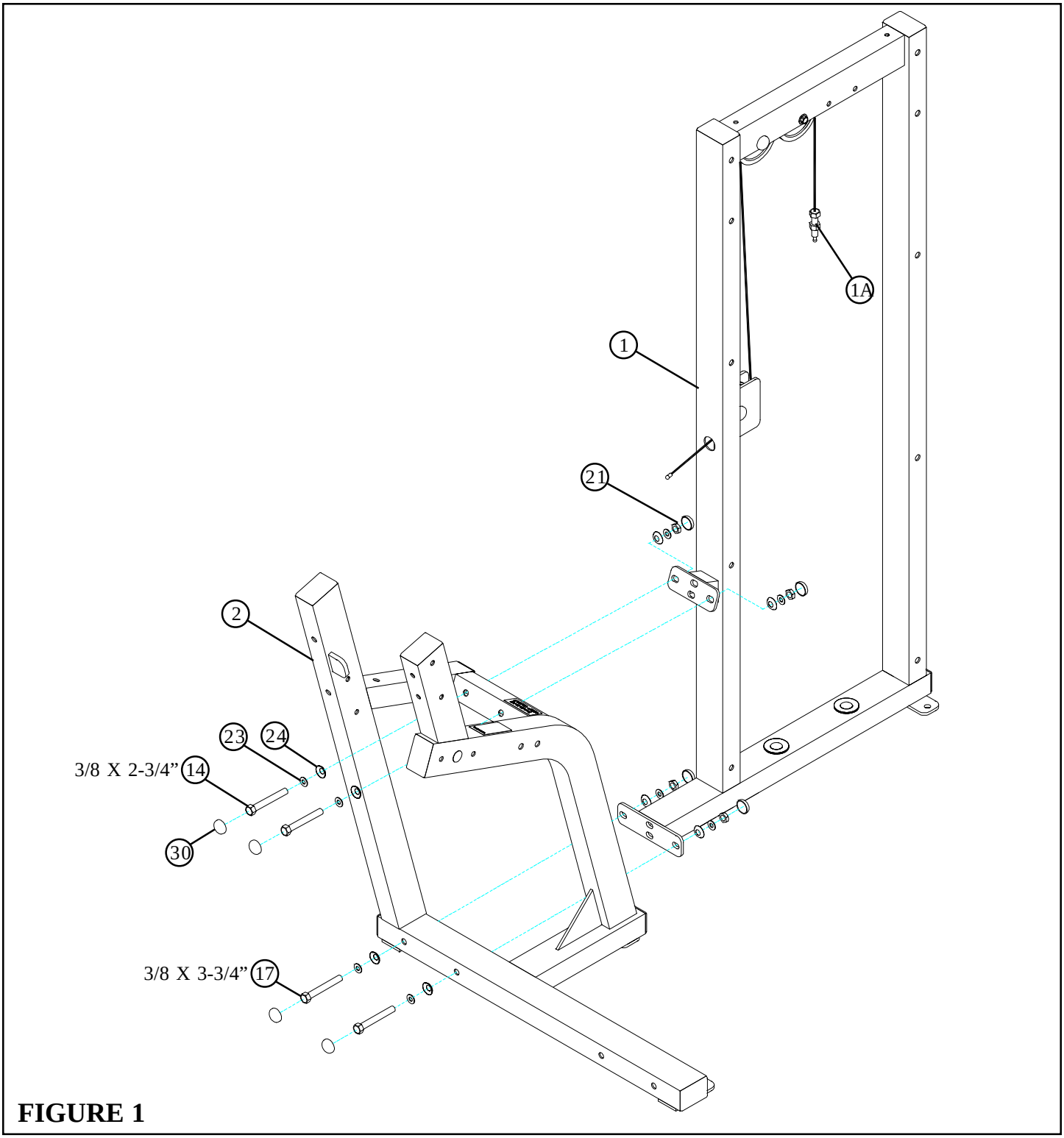
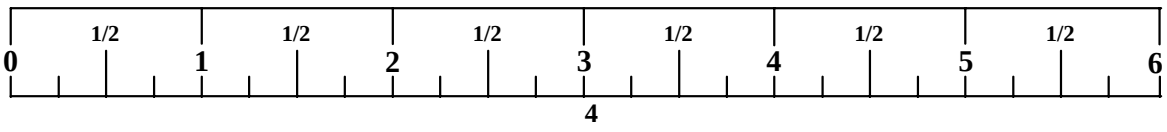


FIGURE 1

STEP 1:

- **LOOSELY** assemble the top of the PIVOT ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (30), two 3/8 X 2-3/4" BOLTS (14), four 3/8" SAE WASHERS (23), four 3/8" RH WASHERS (24) and two 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 1.

- **LOOSELY** assemble the bottom of the PIVOT ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (30), two 3/8 X 3-3/4" BOLTS (17), four 3/8" SAE WASHERS (23), four 3/8" RH WASHERS (24) and two 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 1.



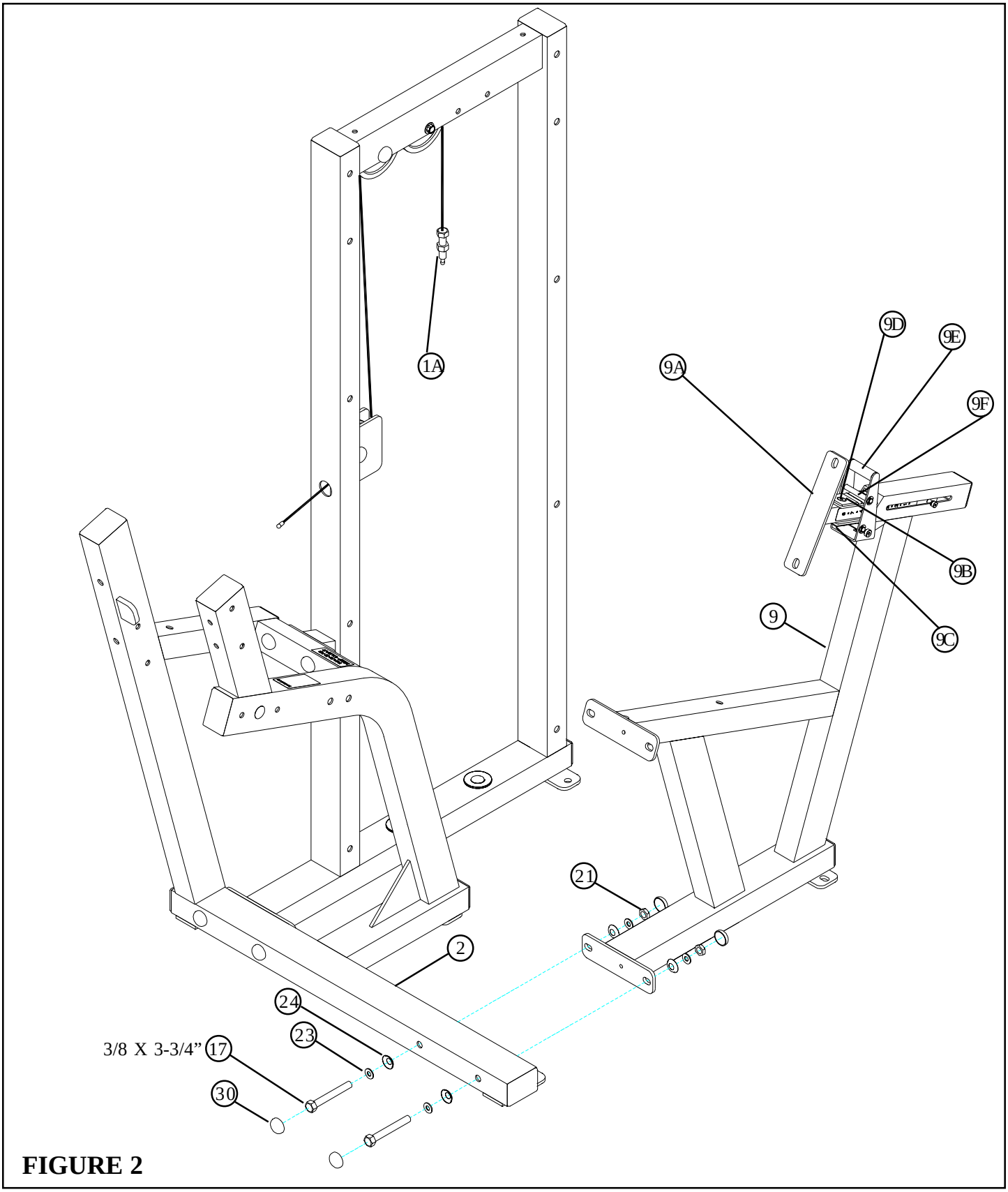


FIGURE 2

STEP 2:

- **LOOSELY** assemble the SEAT FRAME (9) to the PIVOT ARM SUPPORT (2) using four RH CAPS (30), two 3/8 X 3-3/4" BOLTS (17), four 3/8" SAE WASHERS (23), four 3/8" RH WASHERS (24), and two 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 2.

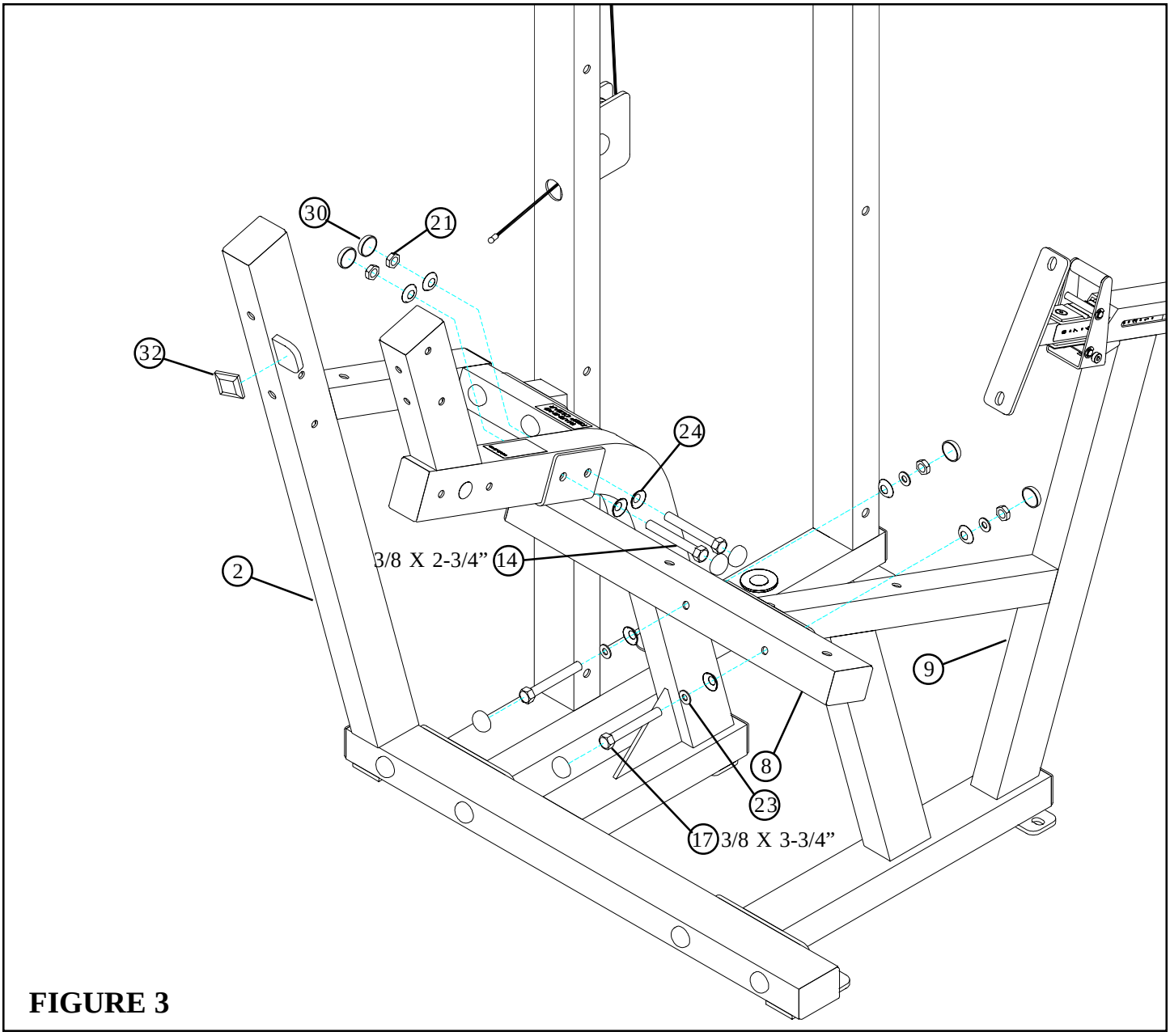


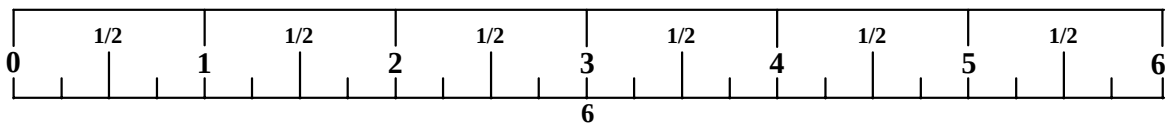
FIGURE 3

STEP 3:

- **LOOSELY** assemble the SEAT SUPPORT (8) to the SEAT FRAME (9) using four RH CAPS (30), two 3/8 X 3-3/4” BOLTS (17), four 3/8” SAE WASHERS (23), four 3/8” RH WASHERS (24) and two 3/8” LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 3.
- **LOOSELY** assemble the SEAT SUPPORT (8) to the PIVOT ARM SUPPORT (2) using four RH CAPS (30), two 3/8 X 2-3/4” BOLTS (14), four 3/8” RH WASHERS (24) and two 3/8” LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 3.

- Assemble one 1-1/4” RUBBER BUMPER (32) to the PIVOT ARM SUPPORT (2) as shown in FIGURE 3.

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (30) over the RH WASHERS (24) on all tightened connections.**



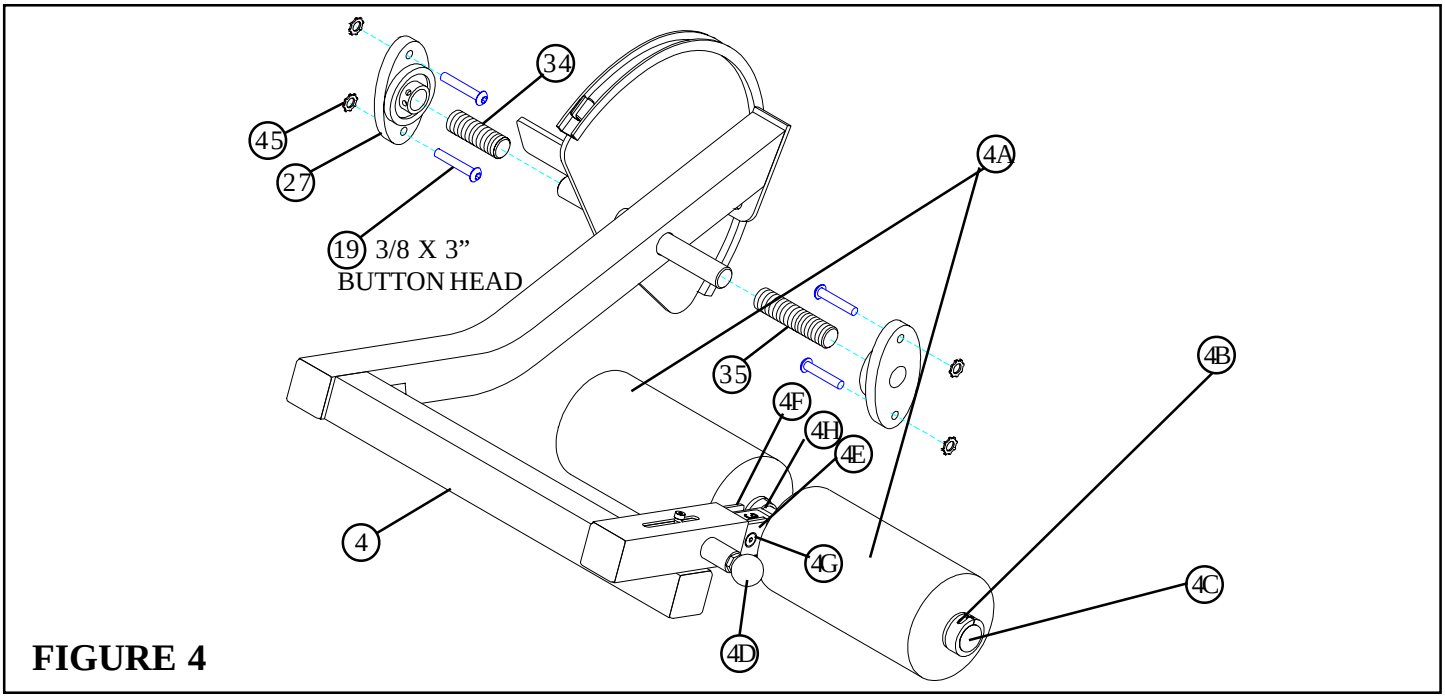


FIGURE 4

STEP 4:

- Slide one 2" ACCORDION SLEEVE (34), one 3" ACCORDIAN SLEEVE (35) and two PILLOW BLOCKS (27) over the shaft of the PIVOT ARM (4) as shown in FIGURE 4.
- Assemble four 3/8 X 3" BUTTON HEAD CAP SCREWS (19) and four STARLOCK WASHERS (45) to the the PILLOW BLOCKS (27) as shown in FIGURE 4.

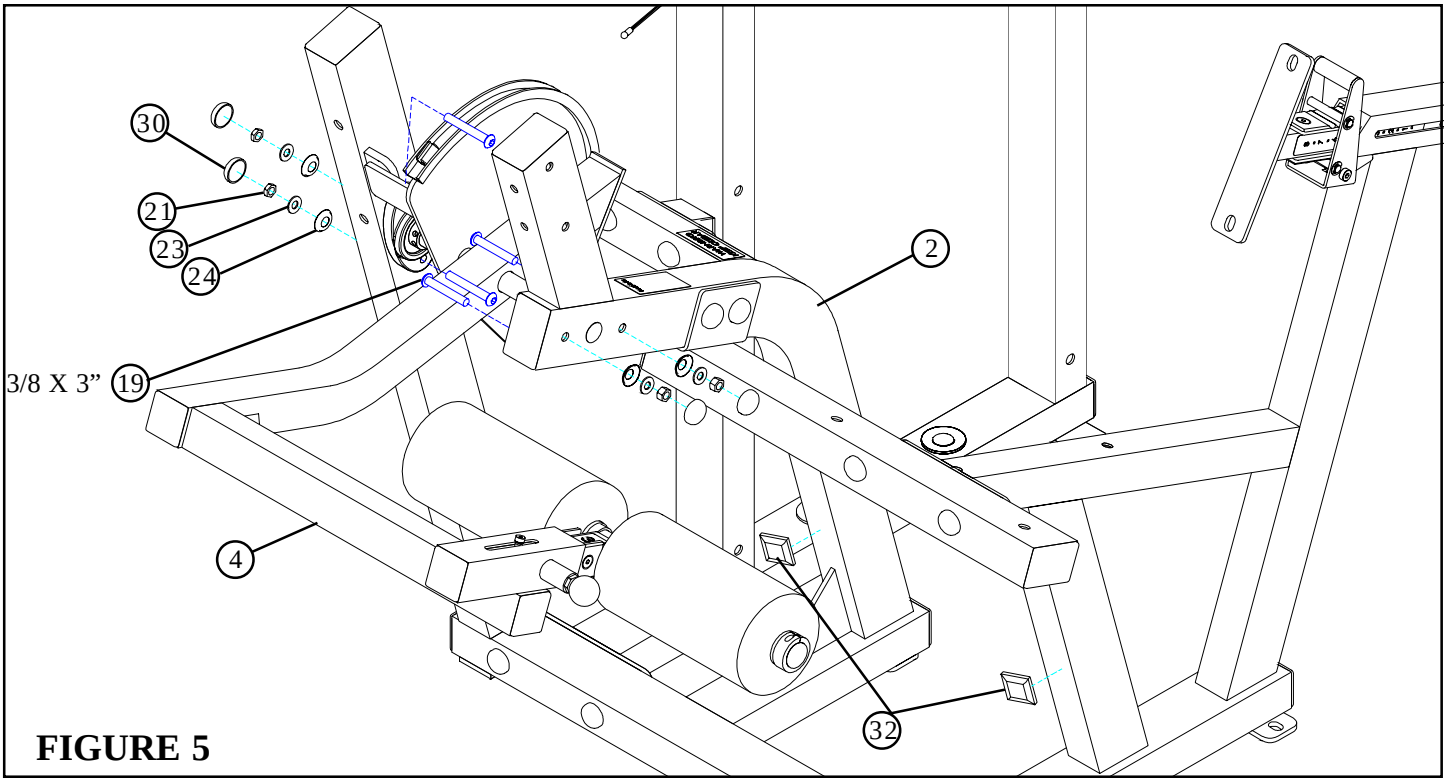


FIGURE 5

STEP 5:

- **SECURELY** assemble the PILLOW BLOCKS (27) on the PIVOT ARM (4) to the PIVOT ARM SUPPORT (2) using four previously inserted 3/8 X 3" BUTTON HEAD CAP SCREWS (19), four 3/8" SAE WASHERS (23), four RH WASHERS (24), four 3/8" LOW HEIGHT LOCK NUTS (21) and four RH CAPS (30) as shown in FIGURE 5. **(NOTE: Before tightening make sure ROLLER PADS are horizontal with the floor.)**

- Assemble two 1-1/4" RUBBER BUMPERS (32) to the SEAT FRAME (9) and the PIVOT ARM SUPPORT (2) where the PIVOT ARM (2) contacts the SEAT FRAME (9) and the PIVOT ARM SUPPORT (2) as shown in FIGURE 5.

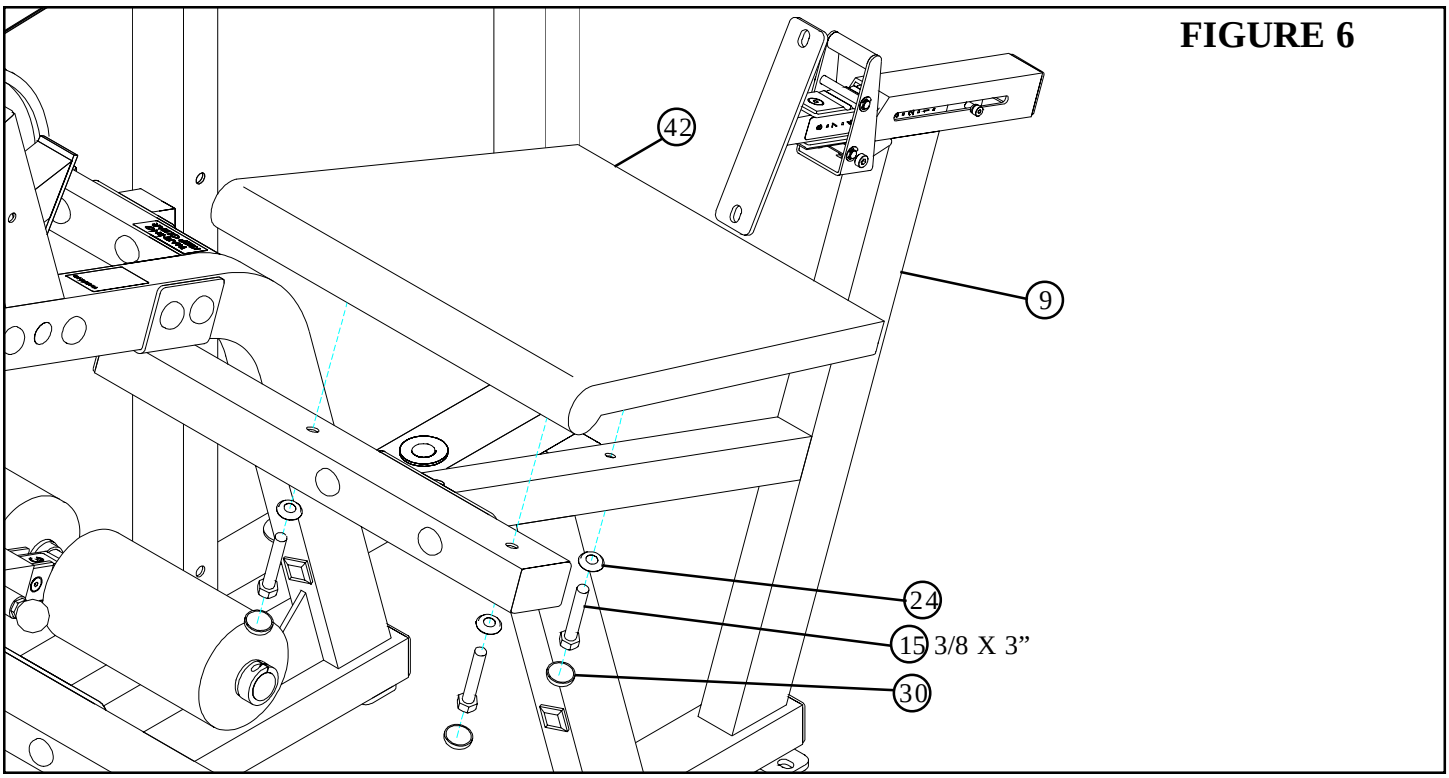


FIGURE 6

STEP 6:

- **SECURELY** assemble the SEAT PAD (42) to the SEAT FRAME (9) using three RH CAPS (30), three 3/8 X 3” BOLTS (15) and three 3/8” RH WASHERS (24) as shown in FIGURE 6.

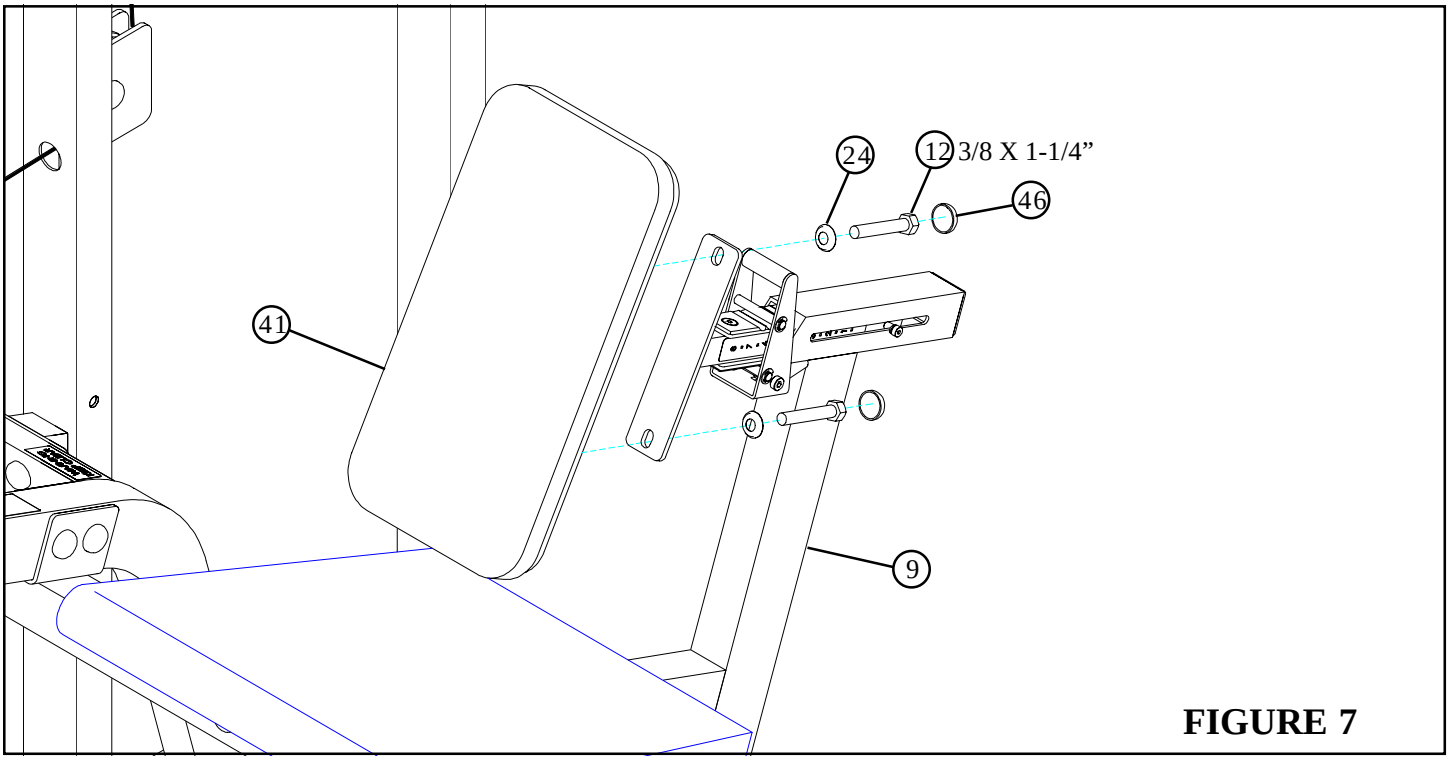
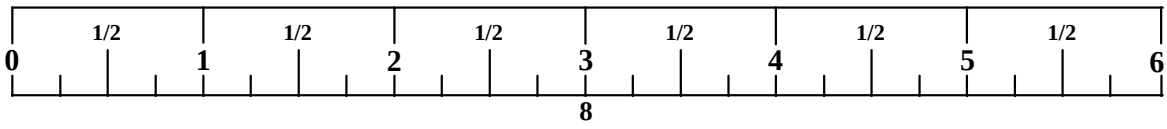


FIGURE 7

STEP 7:

[redacted]



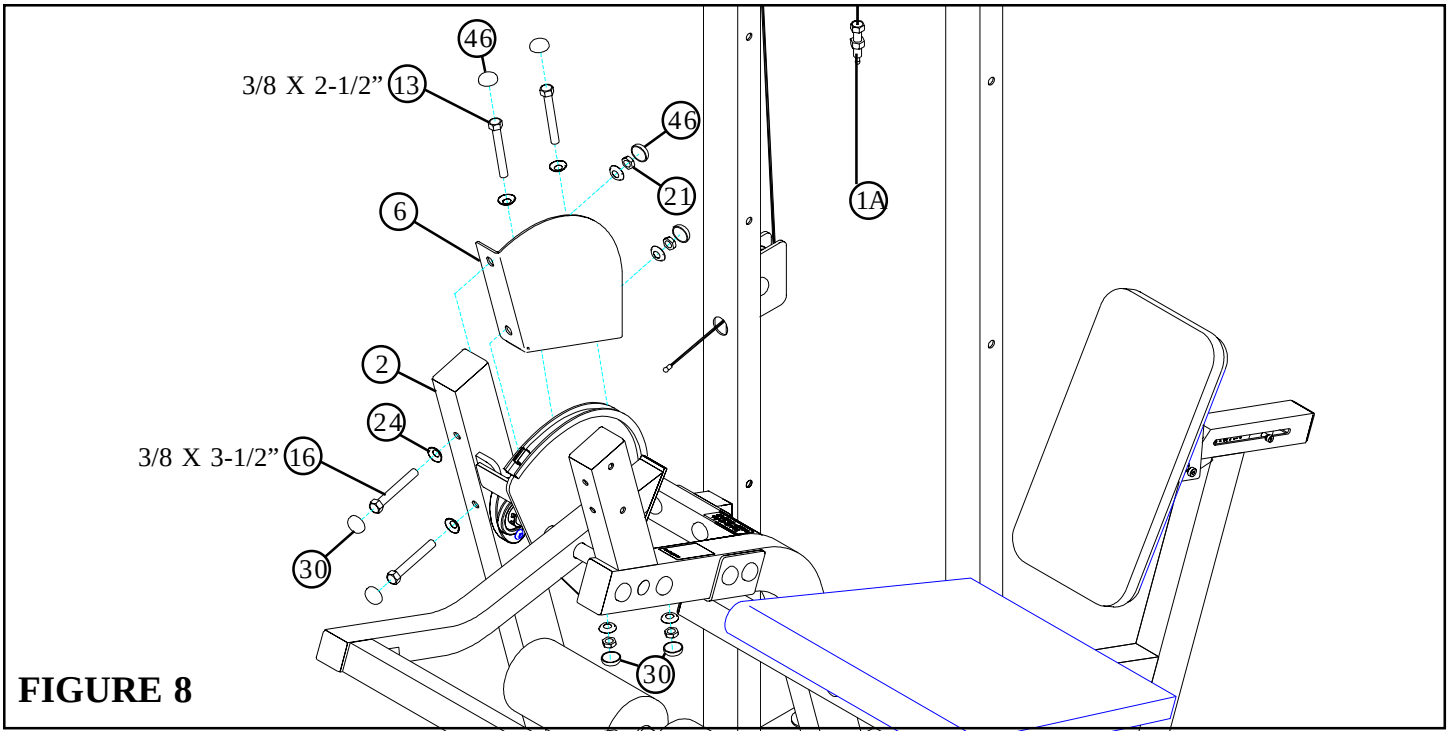


FIGURE 8

STEP 8:

- **SECURELY** assemble the CAM SHROUD (6) to the PIVOT ARM SUPPORT (2) using four RH CAPS (30), four BLACK RH CAPS (46), two 3/8 X 3-1/2" BOLTS (16), two 3/8 X 2-1/2" BOLTS (13), eight 3/8" RH WASHERS (24) and four 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 8.

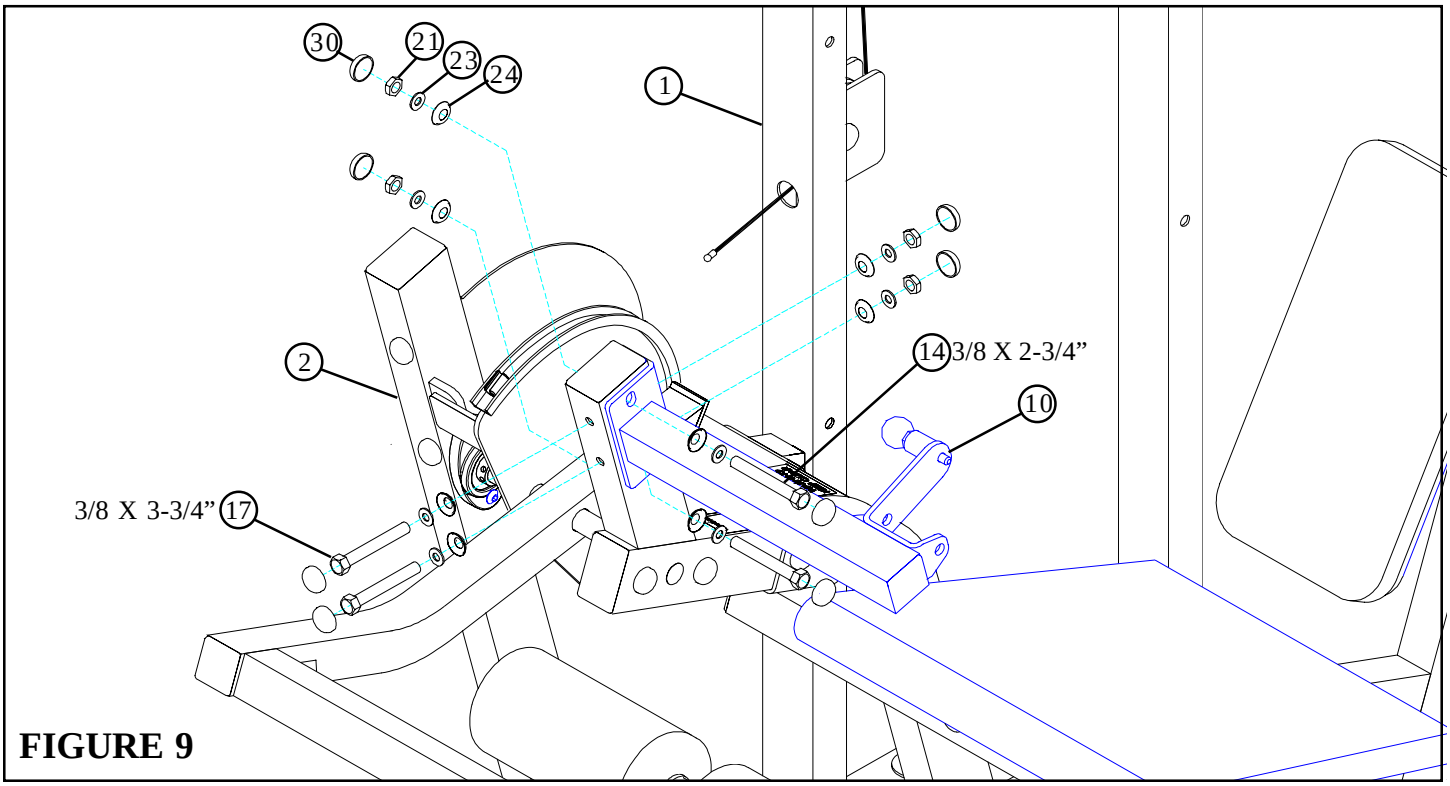


FIGURE 9

STEP 9:

- **SECURELY** assemble the KNEE HOLD DOWN (10) to the PIVOT ARM SUPPORT (2) using eight RH CAPS (30), two 3/8 X 2-3/4" BOLTS (14), two 3/8 X 3-3/4" BOLTS (17), eight 3/8" SAE WASHERS (23), eight 3/8" RH WASHERS (24) and four 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 9.

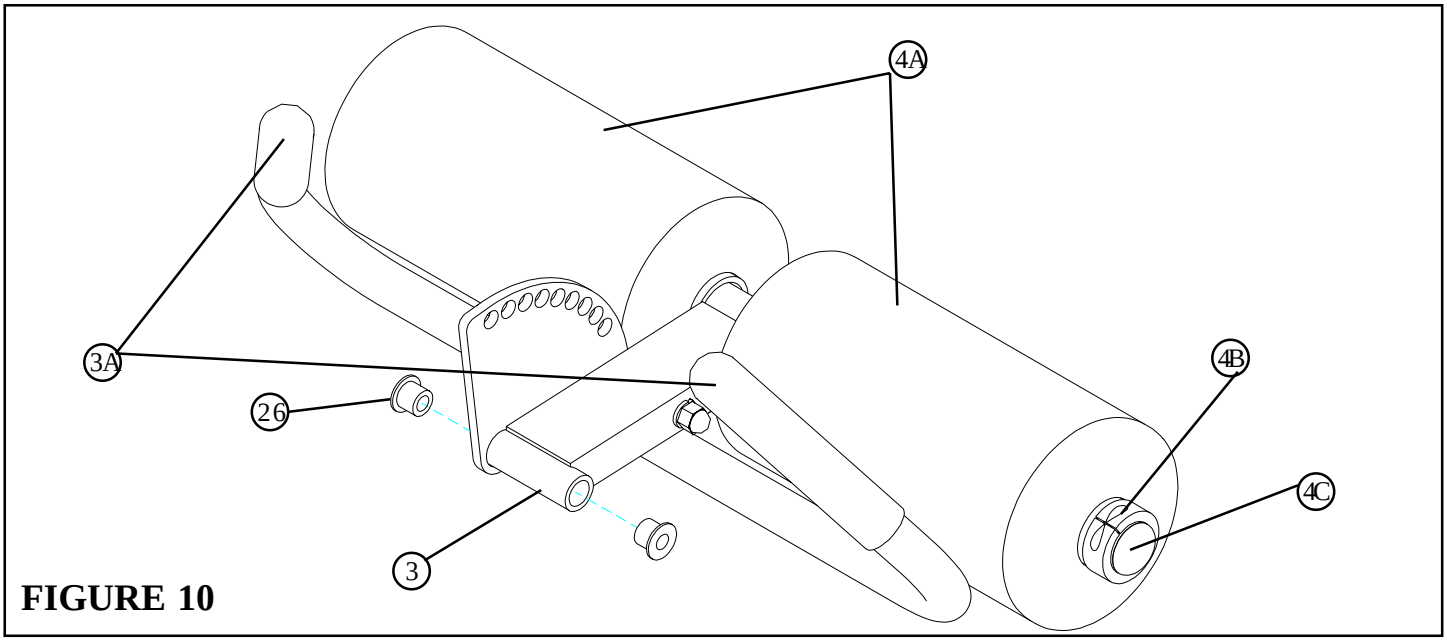
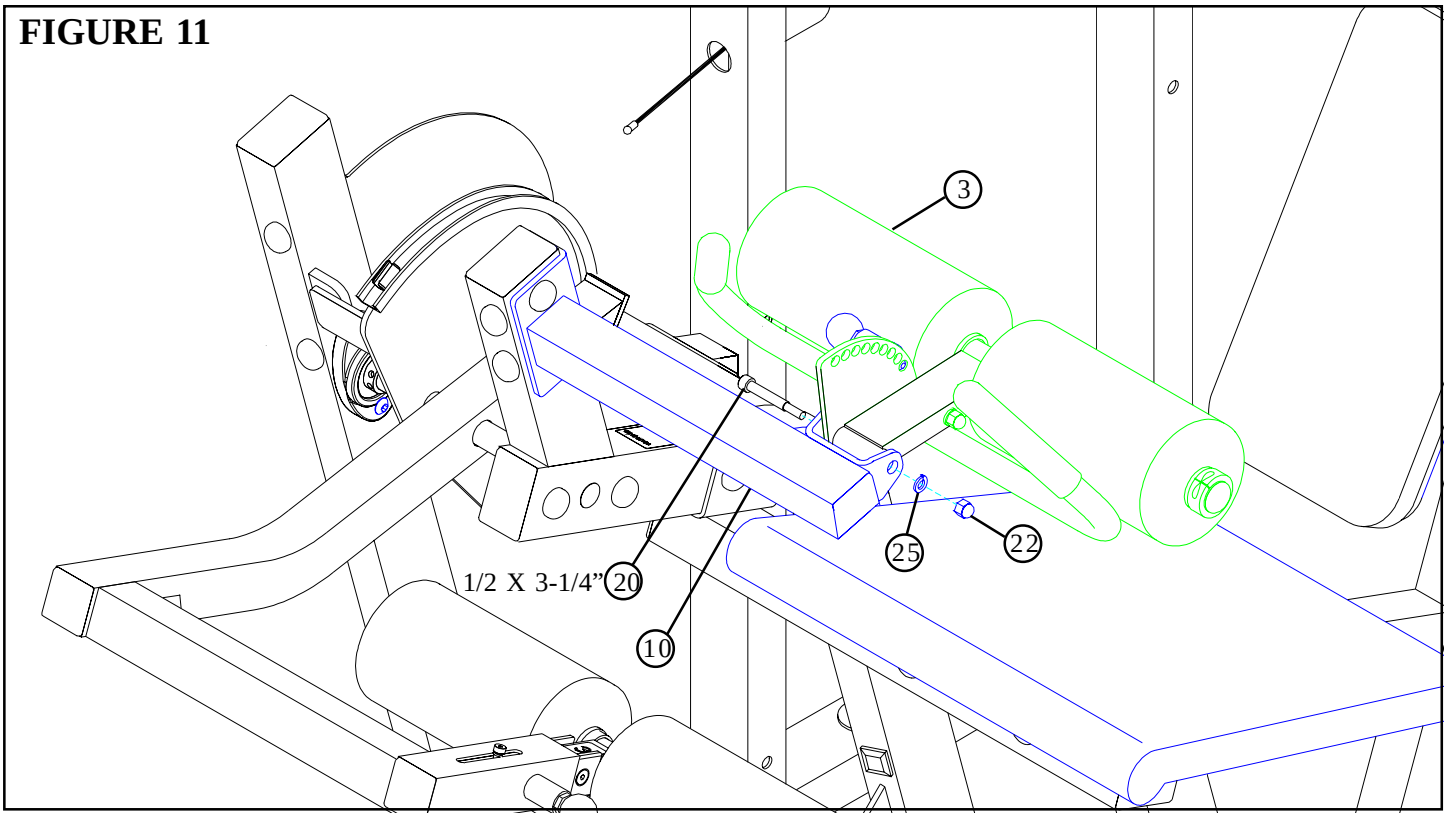


FIGURE 10

STEP 10:

- Insert two 1/2” FLANGE BEARINGS (26) into the KNEE HOLD DOWN (3) as shown in FIGURE 10.

FIGURE 11



STEP 11:

- Assemble the KNEE HOLD DOWN (3) to the KNEE HOLD DOWN SUPPORT (10) using one 1/2 X 3-1/4” SHOULDER BOLT (20), one 3/8” LOCK WASHER (25), and one 3/8” ACORN NUT (22) as shown in FIGURE 11. **(NOTE: Pull back the SPRING PIN on the KNEE HOLD DOWN SUPPORT to allow the KNEE HOLD DOWN to rotate.)**

- **NOTE: If the KNEE HOLD DOWN (3) does not rotate freely, slightly loosen the 1/2” X 3-1/4” SHOULDER BOLT (29).**

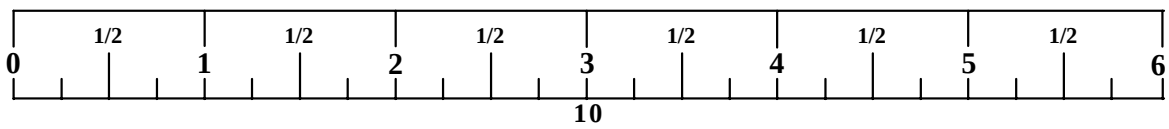
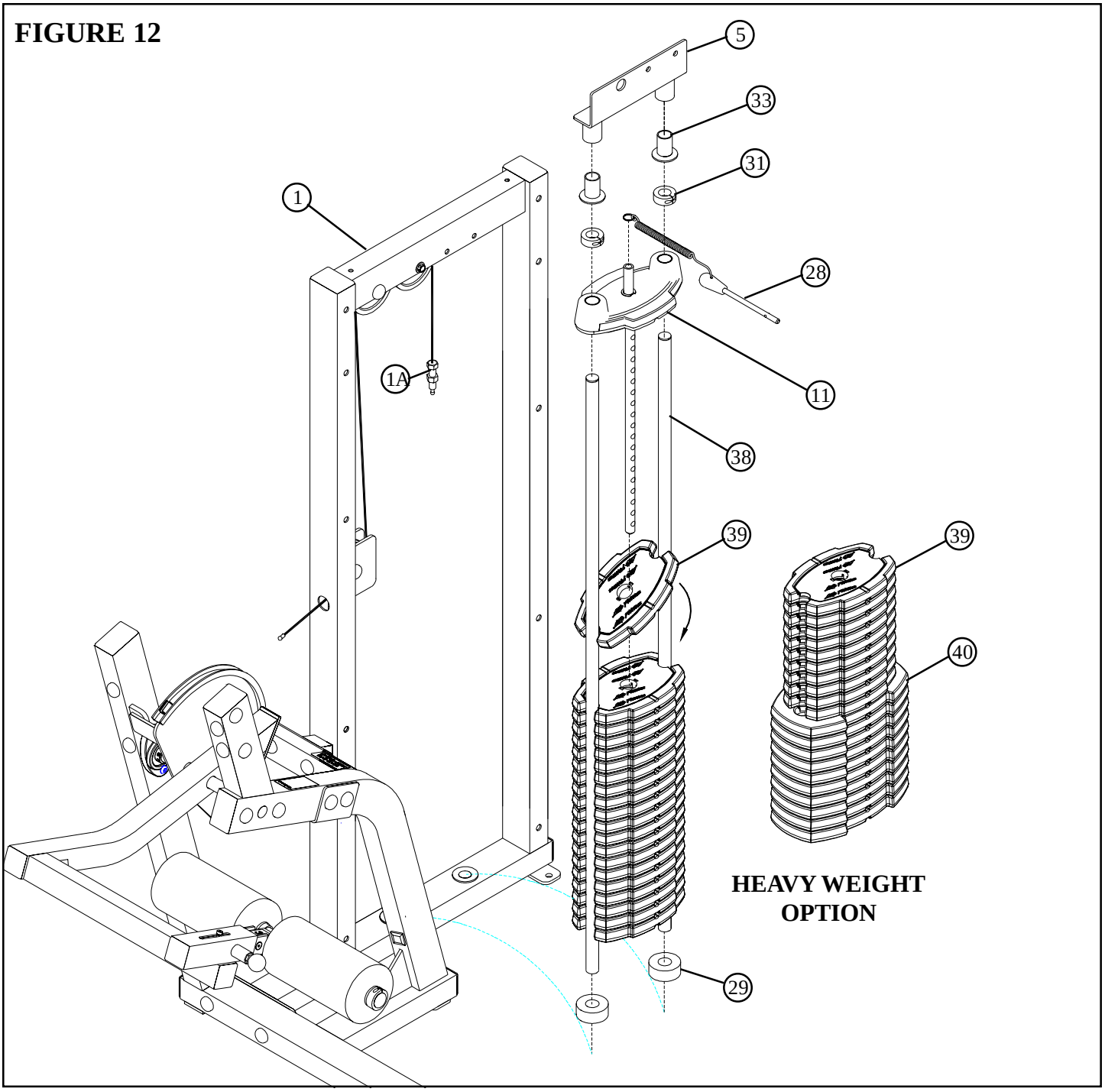


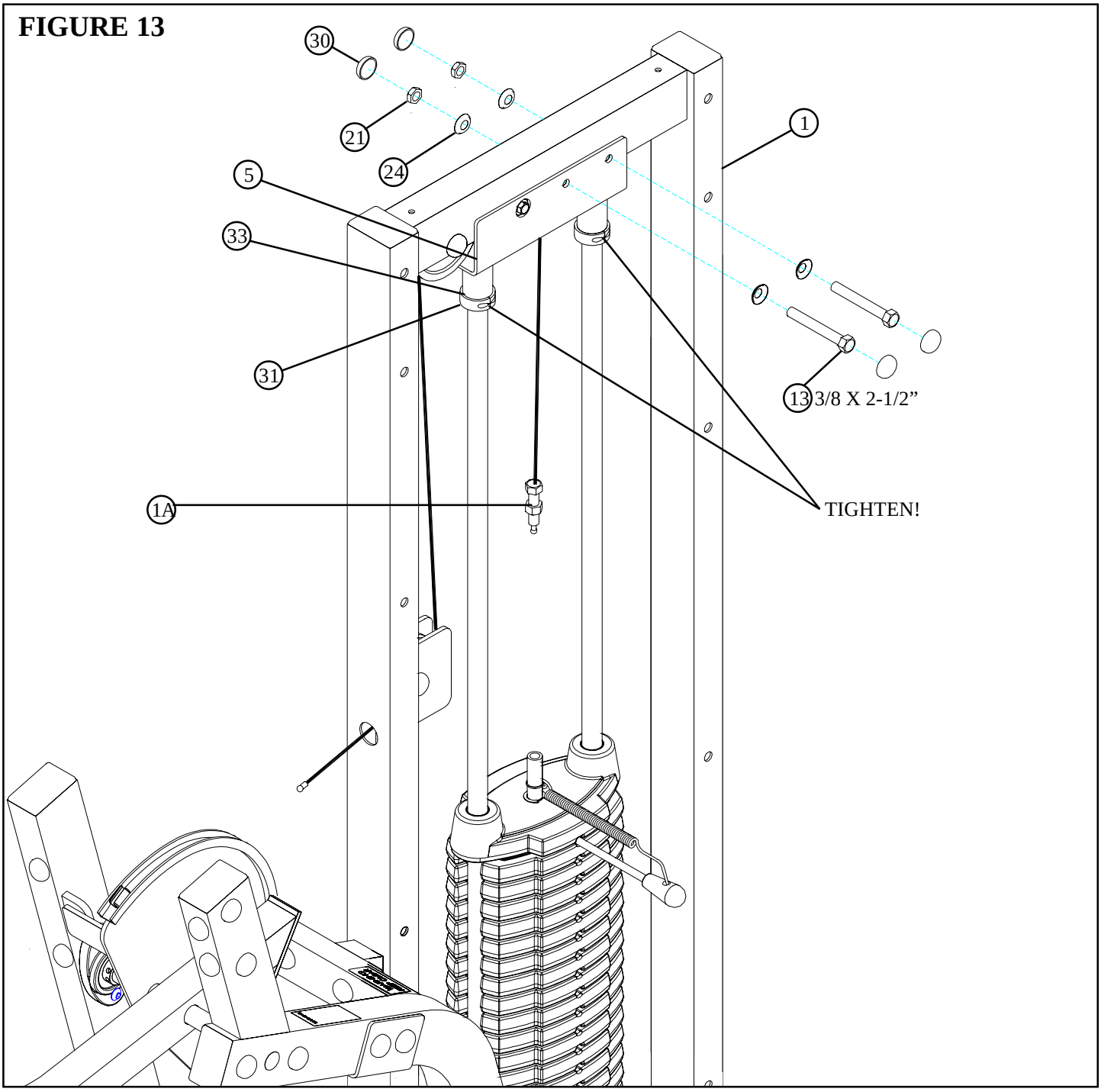
FIGURE 12



STEP 12:

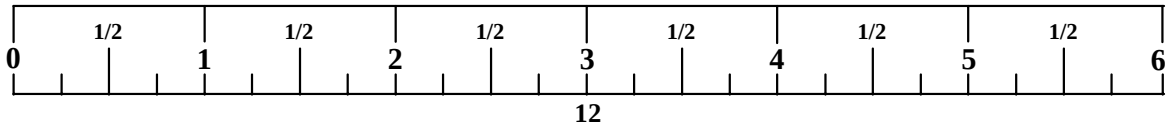
- Insert the two GUIDE RODS (38) (found in SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 12. Lubricate the GUIDE RODS (38) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (29) down over the GUIDE RODS (38). See FIGURE 12
- Using **EXTREME CARE** place twenty 10 LB. WEIGHT PLATES (39) over the GUIDE RODS (38) as shown in FIGURE 12.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (40) over the GUIDE RODS (38) first, then slide ten 10 LB. WEIGHT PLATES (39) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (11) down over the GUIDE RODS (38) onto the weight stack as shown in FIGURE 12.
- Slide one WEIGHT STACK SELECTOR PIN (28) over the shaft on the HEAD PLATE (11) as shown in FIGURE 12.
- Slide two 1" SHAFT COLLARS (31) over each GUIDE ROD (38) as shown in FIGURE 12.
- Slide two GUIDE ROD BUSHINGS (33) over each GUIDE ROD(38).
- Place the GUIDE ROD SUPPORT (5) over the GUIDE RODS (38) as shown in FIGURE 12.

FIGURE 13



STEP 13:

- **SECURELY** assemble the GUIDE ROD SUPPORT (5) to the TOWER (1) using four RH CAPS (30), two 3/8 X 2-1/2” BOLTS (13), four 3/8” RH WASHERS (24) and two 3/8” LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 13. **(NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (5) before tightening.)**
- Slide GUIDE ROD BUSHINGS (33) into the tubes on the GUIDE ROD SUPPORT (5), slide 1” SHAFT COLLARS (31) underneath the GUIDE ROD BUSHINGS (33) and **SECURELY** tighten the set screws.



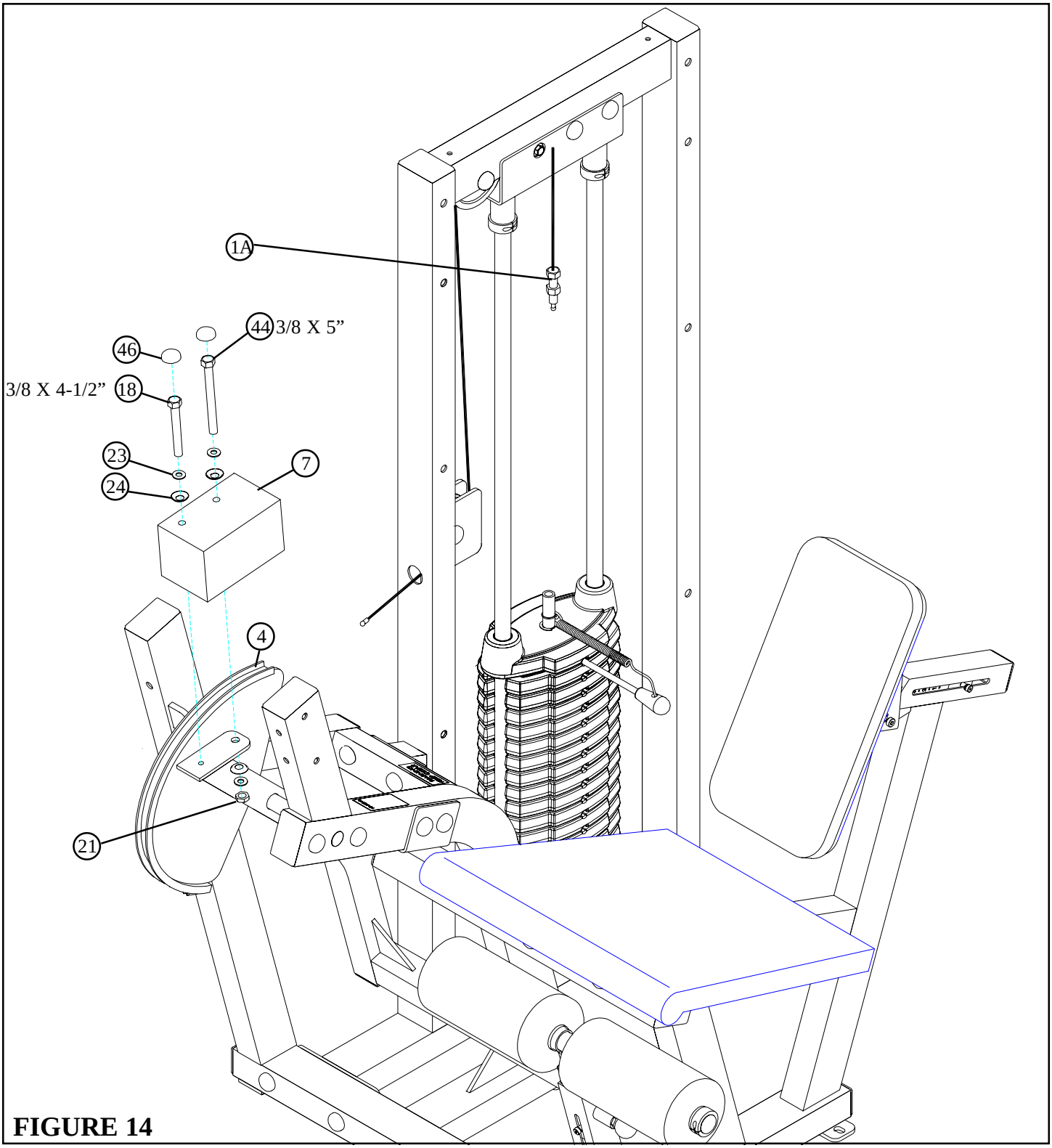


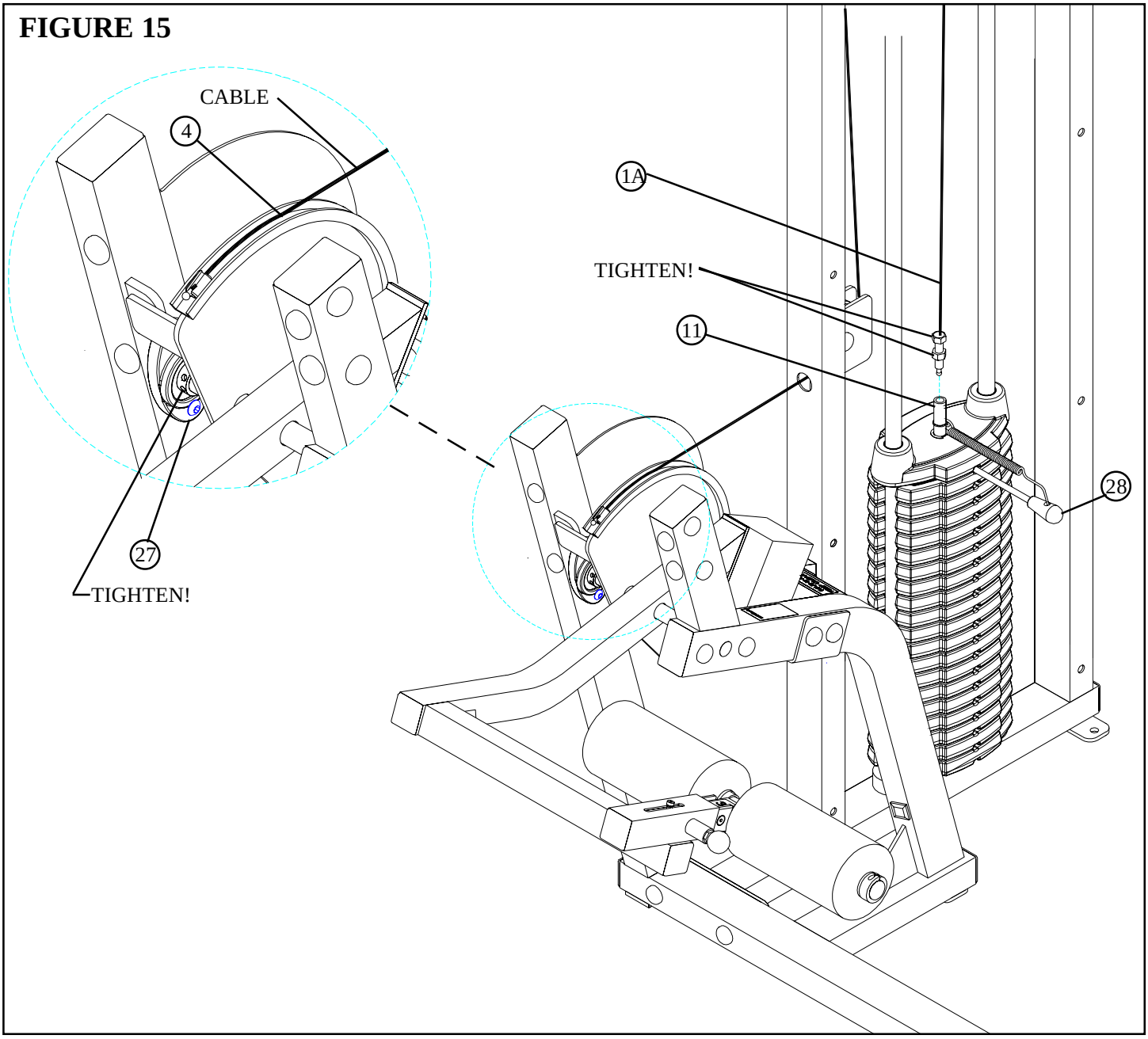
FIGURE 14

STEP 14:

- Stabilize the PIVOT ARM (4) then **SECURELY** assemble the COUNTER BALANCE (7) to the PIVOT ARM (4) using two BLACK RH CAPS (46), one 3/8 X 4-1/2” BOLT (18), one 3/8 X 5” BOLT (44), three 3/8” SAE WASHERS (23), three 3/8” RH WASHERS (24) and one 3/8” LOW HEIGHT LOCK NUT (21) as shown in FIGURE 14.

- **CAUTION: COUNTER BALANCE (7) is HEAVY!**

FIGURE 15



STEP 15:

- Slide the end of the CABLE into the bushing on the PIVOT ARM (4) as shown in FIGURE 15. **(NOTE: Make sure CABLE is properly aligned, then tighten set screws on PILLOW BLOCKS (27).**
- Screw the threaded end of the CABLE into the end of the shaft on the HEAD PLATE (11) until the CABLE is taut and tighten jam nut securely. See FIGURE 15.
- Insert the WEIGHT STACK PIN (28) into the WEIGHT STACK as shown in FIGURE 15.

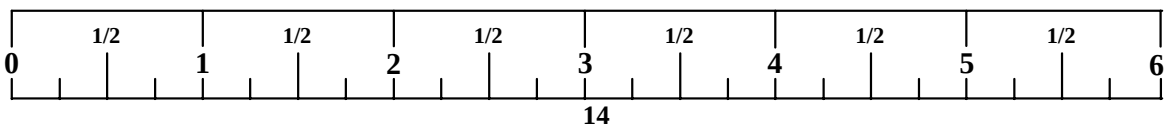
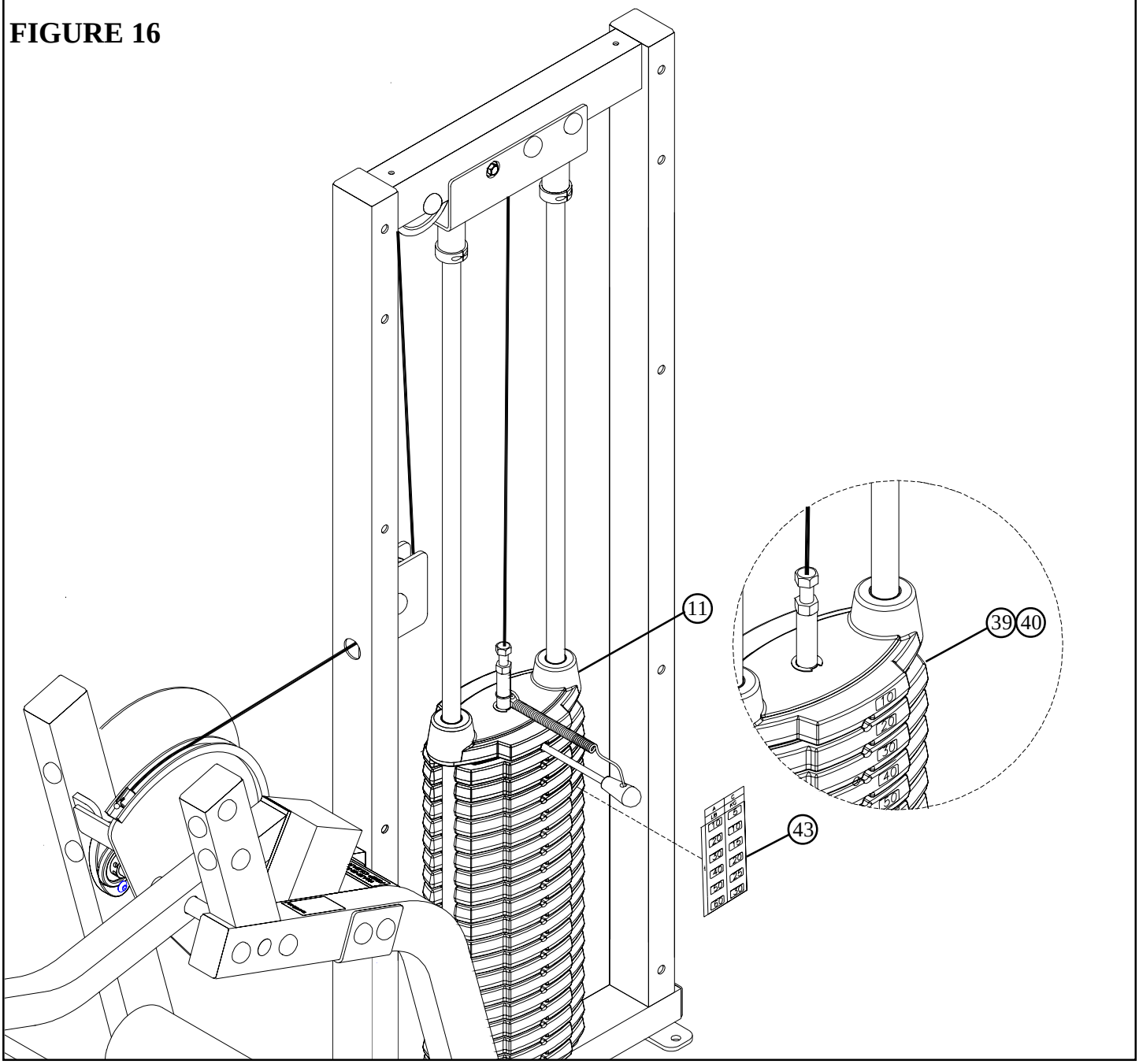


FIGURE 16



STEP 16:

- The WEIGHT STACK LABEL sheet (43) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.
- Peel the backing off the WEIGHT STACK LABELS (43), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (39 or 40), starting with the HEAD PLATE (11) as shown in FIGURE 16.

- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

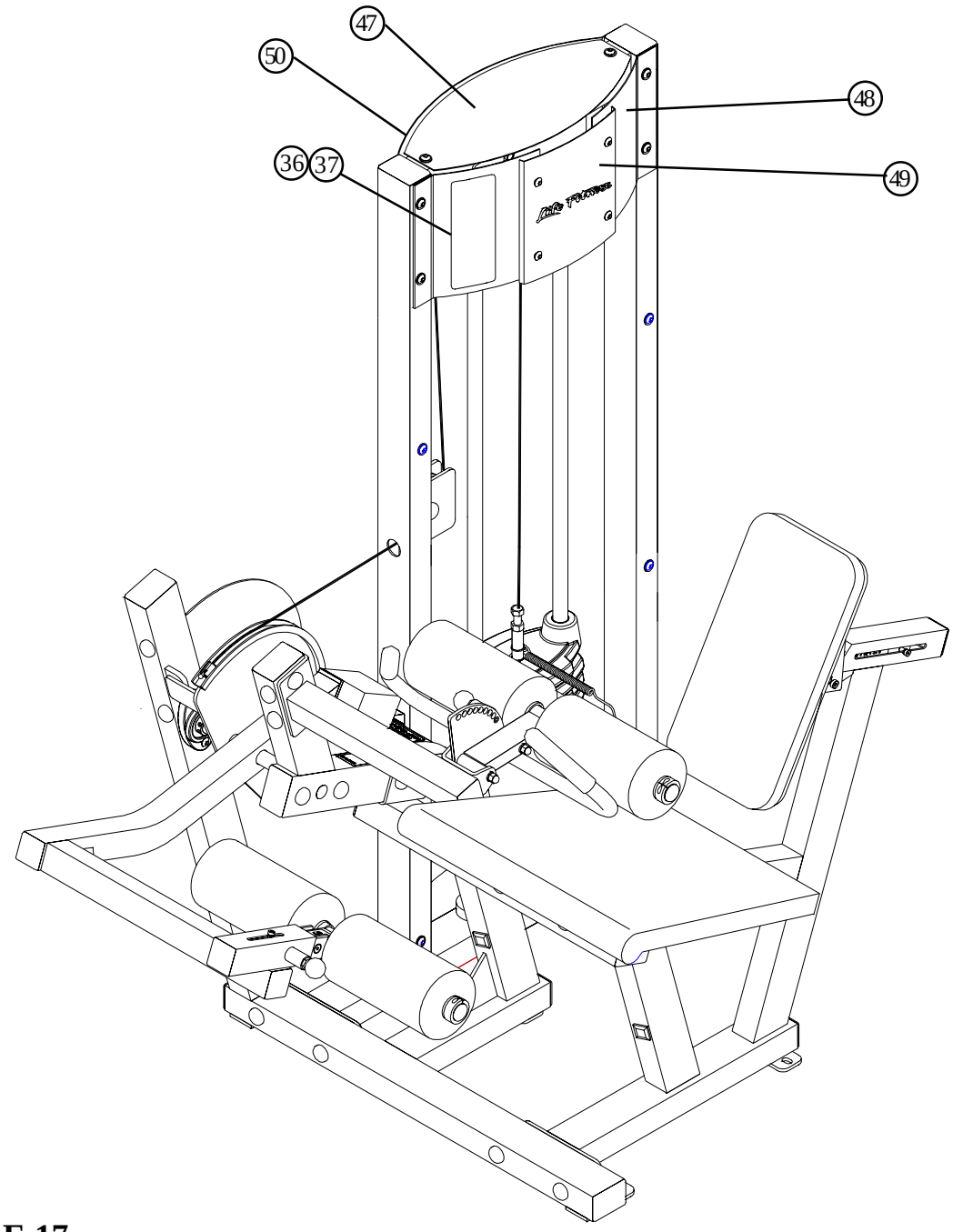


FIGURE 17

STEP 17:

- Assemble the PLACARD LABEL (36) or the FOREIGN LANGUAGE PLACARD LABEL (37) to the FRONT SHROUD as shown in FIGURE 17.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES SEATED LEG CURL. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.